

Locro (Argentine Hominy Stew)

Yield: 12 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/braised-veal-shoulder-italian-recipe>

Ingredients:

- 2 cups hominy dried, broken
- 1 cup lima beans dried
- 1 cup dried chickpeas
- 3/4 cup olive oil
- 1 1/2 teaspoons sweet paprika
- 1/2 teaspoon crushed red chile flakes
- 8 cloves garlic minced
- 1 pound veal shoulder cut into 1" pieces
- 1 pound pork shoulder cut into 1" pieces
- kosher salt
- freshly ground black pepper
- 10 ounces cured chorizo cut into 1/2" slices
- 1 large yellow onion minced
- 1 tablespoon tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1 bay leaf
- 1 acorn squash small, peeled, seeded and finely chopped
- 1 lemon
- 1 cup scallions finely chopped

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 75 milligrams
4. Fat: 28 grams
5. Fiber: 6 grams
6. Protein: 26 grams
7. SaturatedFat: 7 grams

8. Sodium: 500 milligrams
 9. Sugar: 3 grams
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